



exercising options

Myrna
Partrich

Healthy diet controls those monthly blahs

Dear Myrna: I read your column on PMS and I was fascinated. I have never learned so much about PMS. I think this subject is a bit of a mystery to most people. Can you go a little further and talk about a diet for PMS? Is there such a thing? I am a little heavy.

Thank you for being fascinated. I wish all my readers felt this way. You PMS is a mystery to most people.

There may be no cure for PMS but yes, you can control the blahs by avoiding certain foods and eating a good, healthy diet. You want to avoid foods that contribute to water retention and bloating, irritability and nausea.

Some important tips: drink six to eight glasses of water daily and limit your caffeine intake (try herbal teas, hot water and lemon juice or flavored water); reduce salt, protein, fat, alcohol and refined sugar; and increase complex carbohydrates such as baked potatoes, rice, pasta, beans, grains, etc.

Your eating habits in general are basically what I always preach — low fat, high carbohydrate intake. Don't skip meals because you tend to eat too much at one time. It is about grazing — at least three small meals a day. Eat only in a defined meal area and sit down and relax when you eat. Try to prepare your entire meal on one plate. This way you won't feel so guilty.

Some other tips: include eating an apple or orange per day as a snack, meatless, reducing animal fat, eating chicken or fish two to three times a week; never go to a party hungry — eat a little before to avoid that high calorie party food; and PMS might be a hungry time for you — a little brown bagging wouldn't hurt.

Please avoid fatty foods. This might cause irritability and nausea. Lots of refined sugar found in most desserts can make you feel nervous during PMS. Salty foods will cause water retention and bloating, which in turn, will make you an angry woman. This might sound extreme, but it is true. In general, a good, healthy diet will help your PMS symptoms and also help you to control your weight gain.

Personally, if I had problems with PMS, I would consult with a registered dietitian. It is best to consult with professionals who will have an understanding of your problem. There is so much we can learn about nutrition and how it relates to our health, both mental and physical.

Myrna Partrich, co-owner of The Workout Company Inc. of Mutual Township, and a member of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Send your letters to: Sports Department, Myrna Partrich, 803 E. Maple, Birmingham 48009.

outdoors calendar

IMPORTANT DATES AND EVENTS

- March 15-17 — Fifth annual Madison River Spectacular will be at the Lansing Center in East Lansing. Featured speakers include Miles Miller, Bryan Ferguson, Richard P. Smith, Kathy Buttner and more. Tickets are \$5 adult, \$3 children age 6-11. Children under 6 admitted free.
- March 16-17 — Thirteenth annual Midwest Fly Fishing Exposition presented by the Michigan Fly Fishers at the Michigan City Center. Admission is \$6 and gets you \$1 for children under 12. Show hours are 10 a.m. to 7 p.m. Saturday and 10 a.m. to 6 p.m. Sunday. For more information, call 422-4308.
- March 16-21 — Harold Knight of Knight's Half Game Calls will conduct a continuous seminar on turkey and deer calls at 10 p.m. at the Sports Department, 277 Summit Drive, Dearborn.
- March 21-23 — The 1991 Michigan Art Festival will be in Grand Rapids. The festival will feature the annual photo exhibit of the Michigan Artists Association, of which I am a member. The Federal Art Project organization, a dozen local artists and wildlife seminars will be featured at Hotel Allegro's Hotel. The South Hall will be filled with the art and exhibition of wildlife art created in Michigan including more than 50 of America's prominent wildlife artists. For more information, call 651-3300 for more information.
- March 22 — Harold Knight of Knight's Half Game Calls will conduct a seminar on turkey and deer calls at the Sports Authority stores.

in Madison Heights and Livonia. He will speak at the Madison Heights store 10 a.m. to 12:30 p.m. and at the Livonia store 1-9 p.m. The seminars are free to the public.

• March 23-24 — Steelheader's Spring Fishing Show will be at the Dearborn Civic Center. Guest speakers include DNR District Fisheries Biologist Ron Spiller, local pro charter fisherman Capt. Steve Jones and more. Admission is \$3 adult, \$1 senior citizen. Children under 12 will be admitted free.

• March 24 — Western Wayne County Conservation Association will hold a 5-kilometer walk/run through town at 10 a.m. on its walk/run through town in Plymouth Township. Call 453-0843, 10 a.m.-5:45 p.m. daily or 425-0887 evenings for more information.

• March 31 — Rabbit season ends statewide.

• March 31 — 1990 fishing license expires.

• April 3 — Monthly meeting of the family-oriented Four Seasons Fishing Club will be at the Maplewood Center in Garden City. Call Tony Brethler at 477-3816 for more information.

• April 5 — A six-week fly-fishing class begins at the Bayviewwood Sportsmen's Club in Springfield. Course fee is \$50 and all materials and tools will be furnished. Pre-registration is required. Additional classes begin April 8 and April 23. Call 350-8484 for more information.

• April 20 — Thirteenth annual River Crab Salmon Stakes fishing tournament, held each spring to raise money for the prevention of child abuse and child neglect, begins at sunrise at Chuck Muer's River Crab Restaurant in St. Clair. For raffle entry tickets or more information, call 343-2261.

• April 22 — Harold Knight of Knight's Half Game Calls will conduct a seminar on turkey and deer calls at the Sports Authority stores.

information, call the River Crab at 313-329-2261.

• April 23 and 25 — A two-day boating safety class begins at 6 p.m. The free course, offered by the Oakland County Sheriff's Department, will be at the Marine Division headquarters, 1700 Brown Road, Auburn Hills, west of M-24 and north of the Palace. Call 856-4991 for more information.

• METROPARKS

• Across Avon Township by Light Rail, a program in which Deborah Reiter will provide historic highlights that might be seen by an interurban passenger in 1915. Depart at 7 p.m. Friday at Stony Creek.

• Bluebirds, Their Homes, And You, a program about bluebirds featuring a movie, a discussion and a hike, begins at 2 p.m. Sunday at Kensington.

• St. Patty's Day Owl Hunt, a slide presentation about owls followed by a naturalist-led hike, begins at 1 p.m. Monday at Stony Creek.

• More Metroparks programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required. For more information, call 480-234-6534.

• Spring's Coming, a naturalist-led walk in search of signs of spring, begins at 1:30 p.m. Saturday at Kensington.

• Banding Birds Along the Way, a program in which participants will learn basic bird identification techniques and receive information of bird migration, begins at 2 p.m. Saturday at Stony Creek.

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• Oakland County Parks programs require advanced registration and motor vehicle permit. Call the Independence Woods Nature Center at 425-6473 for more information.

• What is in the Woods is Green, an outdoor walk to search for the first signs of spring begins at 1 p.m. Saturday at Independence Woods.

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